

*The Happiness Psychiatrist®: Sheenie Ambardar, M.D.*

BECAUSE HAPPINESS IS WHAT WE'RE ALL STRIVING FOR...

## **OUR BEVERLY HILLS OFFICE LOCATION IS**

**300 S. BEVERLY DRIVE, SUITE 205**

**BEVERLY HILLS, CA 90212**

**PHONE: (424) 666-8058**

**[www.happinesspsychiatrist.com](http://www.happinesspsychiatrist.com)**

Dr. Ambardar's boutique private practice specializes in providing compassionate, experienced, confidential, and highly-customized psychiatric and psychotherapy services for adults, ages 25 and older, in the Beverly Hills, West Hollywood, Century City, and surrounding Los Angeles areas.

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## About Dr. Ambardar

Sheenie Ambardar, M.D. is a Physician specializing in Adult Psychiatry, with expertise in psychopharmacologic medication management as well as psychotherapy. Dr. Ambardar graduated with Honors in Biological Sciences from Stanford University where she served as Managing Editor of *The Stanford Biologist*, the university's premier undergraduate journal of biomedical research. She completed medical school at Baylor College of Medicine in Houston, TX, a top-ranked institution for Psychiatry training, and home of the Texas Medical Center, the world's largest medical complex. Dr. Ambardar then did a clinical postdoctoral research fellowship at Columbia University College of Physicians and Surgeons in New York, NY and completed her Adult Psychiatry residency training at St. Vincent's Hospital Manhattan/New York Medical College where she was nominated for both the IAPA Outstanding Psychiatry Resident Award and the PRITE Fellowship.

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**Dr. Ambardar is currently accepting new patients. Our office is conveniently located on South Beverly Drive, in the heart of Beverly Hills, and offers the following:**

- Highly-customized services emphasizing both mainstream and alternative treatments
- Late evening and early morning office appointments
- State-of-the-art electronic prescribing with paperless e-prescriptions and electronic medical records
- Direct, personalized e-mail communication with Dr. Ambardar at all times



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## Services/Fees

**FREE 20-MINUTE PHONE CONSULTATION:** Your initial contact with Dr. Ambardar will be via a 20-minute phone conversation where Dr. Ambardar will answer any questions you may have about her services and will help you to determine if *The Happiness Psychiatrist* services are right for you. If for any reason Dr. Ambardar feels that you would be better served by one of her colleagues, she will gladly facilitate a referral.





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**INITIAL 75-MINUTE COMPREHENSIVE MEDICAL AND PSYCHIATRIC EVALUATION:** This is the first office visit you will have with Dr. Ambardar in which she will review your full medical, psychiatric, psychosocial, and family history. An accurate medical history is important to obtain at this first visit because certain conditions such as hypo/hyperthyroidism, diabetes, hypertension, Alzheimer's disease, and anemia (among many others), can present with psychiatric symptoms. Prior to this visit, please remember to complete the New Patient Evaluation Form so that we will be able to make the best use of our time. During this session, your reason(s) for seeking treatment will be discussed in depth and a full treatment plan (including medications and/or psychotherapy if needed) will be prescribed. *Fee: \$475*

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## **Media Requests**

In addition to her work in private practice, Dr. Ambardar serves as a medical and psychiatric consultant for Film and TV and is available for in-person or phone consultations upon request.



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## *Philosophy*

At *The Happiness Psychiatrist*, our philosophy centers around treating the whole patient: mind, body, and spirit. We believe that the judicious use of psychopharmacology (using psychiatric medications to treat mental disorders), coupled with psychotherapy (talk therapy), and other alternative treatments (such as meditation, yoga, and walking therapy), can bring about transformative changes in the lives of those suffering from depression, anxiety, bipolar disorder, and other common mental conditions and life issues.

